



DO YOU WANT TO BUILD A SNOWMAN



Flatwork Challenge

LESSON FOCUS:

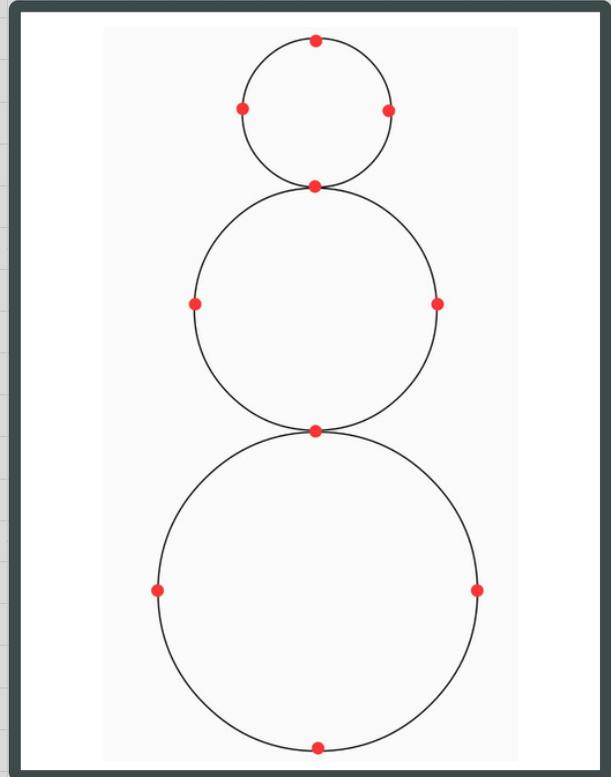
To develop rhythm, straightness, and balance by riding progressively smaller circles 20m → 15m → 10m, while maintaining correct bend, consistent pace, and clear shape. Riders connect each circle with a smooth change of direction (like assembling the segments of a snowman).

EQUIPMENT NEEDED:

- 6 cones/pylons (for marking circle points)
- Arena letters for reference

OPTIONAL:

- Decorative “snowman” items to place at center (hat, scarf, etc)



SKILL FOCUS:

- Maintaining consistent rhythm and tempo during size changes
- Maintaining consistent # of strides from cone to cone in a circle
- Establishing appropriate bend for each circle diameter
- Using inside leg to outside rein to prevent falling in on smaller circles
- Maintaining balance and control during smooth direction changes between circles

LESSON NOTES:

- Begin with 10–15 minutes of free walk and easy transitions (halt–walk–trot) to encourage looseness and rider warm-up.
- Add large 20m circles in trot; check contact and suppleness.
- Introduce the “Snowman” pattern: 20m bottom circle → 15m middle circle → 10m top circle, using pylons as visual guides (as shown on map).
- Focus on keeping circles round, rhythm steady, and bend appropriate to each size.
- Include direction changes from each circle to the next—emphasizing preparation, balance, and clear rider intention.

VARIATIONS:



LEVELS	DESCRIPTION	KEY FOCUS	REPEAT UNTIL
1	Ride all three circle sizes in walk/trot, emphasizing round shapes and steady tempo.	Track accuracy, establishing bend, rider planning.	2–3 complete “snowman builds” each direction.
2	Trot all circles, adding transitions (trot–walk–trot) between each circle size.	Responsiveness, balance during downwards transitions, maintaining frame.	Smooth transitions between all 3 circles.
3	Trot 20m–15m circles, then canter the 10m circle (or ride a smaller canter loop as appropriate).	Balance in transitions, correct bend in canter.	3 balanced canter circles each direction.
4	Canter full Snowman pattern with simple changes or balanced trot transitions between circles.	Adjustability, rhythm maintenance, canter balance on diminishing circles.	2–3 consistent Snowman patterns each direction.

COACHING NOTES:

- Encourage using “eyes early”—look to the next circle before finishing the current one.
- Riders should feel the inside leg supporting the bend, outside leg and contact supporting the balance preventing the horse from collapsing inward or falling out on the smaller circles.
- Praise riders for maintaining a consistent pace, even when circles get smaller.
- Use the winter theme: “Keep the snowman smooth and round, not lumpy!”



DID YOU ENJOY THE SNOWMAN FLATWORK CHALLENGE?

- Apply your skills from the Flatwork Challenge to the Snowman Jumping Challenge!
- Looking for more flatwork or jumping exercises? Follow us on our social media platforms to keep up to date with new releases!



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